



DECEMBER 2022



Beef and Vegetable Pot Roast

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



What's in Season: December

Mushrooms
Horseradish
Sprouts



Featured Produce: Potatoes

Peak Season: Fall and winter

Selection: Choose smooth, firm-textured potatoes with no cut or bruises

How to Prepare: Mash or roast potatoes, or add them to soup or pot roast

Storage: Store in a cool, well-ventilated location



Holiday Recipes

This month is a great opportunity to try out some new recipes and even try baking with the family. CYP can help you stay on budget this holiday season. Visit CelebrateYourPlate.org to discover new dishes, desserts, and more!